



## Participle Adjectives

Some participles (like 'bored' or 'boring') can be used as adjectives. These are used in a slightly different way from normal adjectives.

We usually use the past participle (ending in '-ed') to talk about how someone feels:

- I was really **bored** during the flight (NOT: I was really boring during the flight).
- She's **interested** in history (NOT: She's really interesting in history).
- John's **frightened** of spiders (NOT: John's frightening of spiders).

We usually use the present participle (ending in '-ing') to talk about the person, thing, or situation which has caused the feeling:

- It was such a long, **boring** flight (so I was bored).
- I read a really **interesting** book about history (so I was interested).
- Many people find spiders **frightening** (so they're frightened when they see spiders).

\*Be careful! 'I'm boring' is very different from 'I'm bored'! 'I'm boring' means I cause other people to be bored. This is not good! Here are some examples of when one person causes a feeling in another person:

- I was talking to such a **boring** guy at the party. He talked about himself for an hour!
- She's a really **interesting** woman. She's lived all over the world and speaks five languages.
- My maths teacher at school was really **frightening**! He was always shouting at the students.



These participle adjectives make their comparative by using 'more' (not '-er') and their superlative by using 'most' (not '-est'):

- I was **more frightened** of dogs than spiders when I was a child.
- That book is **more boring** than this one.
- I think Dr Smith's lesson was **more interesting** than Dr Brown's.
- For 24 hours on the flight to Australia, I was the **most bored** I've ever been.
- I think this is the **most interesting** talk we've heard today.
- It was the **most frightening** film that he'd ever seen.



## List of common -ed and -ing adjectives

### **alarming**

What an alarming noise!

### **alarmed**

I was alarmed by the loud bang.

### **amusing**

That TV programme is really amusing.

### **amused**

He was amused to hear his little son singing in the bath.

### **boring**

I've never seen such a boring film!

### **bored**

The students looked bored as the teacher talked and talked.

### **confusing**

I find these instructions very confusing!  
Could you come and help me?

### **confused**

I was confused because I asked two people and they told me two different things.

### **depressing**

This weather is depressing! Is it ever going to stop raining?

### **depressed**

I was feeling depressed, so I stayed at home with hot chocolate and a good book.

### **embarrassing**

That is the most embarrassing photo! I look terrible!

### **embarrassed**

John was really embarrassed when he fell over in front of his new girlfriend.

### **exciting**

It's a really exciting book. I couldn't wait to find out what happened at the end.

### **excited**

I'm so excited! I'm going on holiday tomorrow!

### **exhausting**

I hate doing housework! It's exhausting!

### **exhausted**

Julie was so exhausted after her exams, she spent the next three days sleeping.

**fascinating**

The brain is fascinating, isn't it? It's amazing how much it can do.

**fascinated**

Joan was fascinated by her grandmother's stories of life in the 1920s.

**frightening**

What a frightening film! I don't want to walk home on my own now!

**frightened**

I was really frightened of bees when I was little, but I don't mind them now.

**frustrating**

It's frustrating when you want to say something in another language, but you don't know the word.

**frustrated**

I tried all morning to send an email, but it wouldn't work. I was so frustrated!

**interesting**

That was a very interesting book.

**interested**

She's interested in animals, so she's thinking of studying to be a vet.

**overwhelming**

I find London a bit overwhelming. It's so busy and noisy.

**overwhelmed**

Julie felt overwhelmed. She'd moved house, got a new job and was learning to drive, all at the same time.

**relaxing**

A nice hot bath is so relaxing after a long day.

**relaxed**

She was so relaxed, sitting in front of the fire, that she didn't want to move.

**satisfying**

John loves his new job as a teacher. He says it's very satisfying when he makes a student understand.

**satisfied**

I'm very satisfied that I managed to order the meal in French.

**shocking**

What a shocking crime! It's terrible.

**shocked**

I was shocked when my co-worked admitted stealing some money.

**surprising**

It's surprising how many people don't want to travel to another country.

**surprised**

She was surprised when she arrived at her class and found the other students doing an exam. She'd thought it was a normal lesson.

**terrifying**

What a terrifying dog! It's huge!

**terrified**

My little son is terrified of the dark. We always leave a light on in his room at night.

**thrilling**

What thrilling music! It's some of the most beautiful music I've ever heard.

**thrilled**

I was thrilled to win first prize in the competition.

**tiring**

My job is really tiring. I don't get home until 10pm sometimes.

**tired**

David's too tired to come to the cinema tonight. He's going to go to bed early.